

The DREAMER.....

A novel

By

SWAYAM

Aka Ras Colin Higgins

Aka Abba Ibi (eb)

Aka Mebrahtu

Aka Ibrahtu

Aka Swami Swayamswaroopananda

Aka Marvin Ernest Colin Higgins

AKA
MUSOMO NDONDORO - THE
LAZY DREAMER

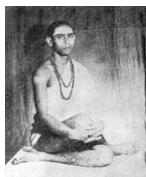
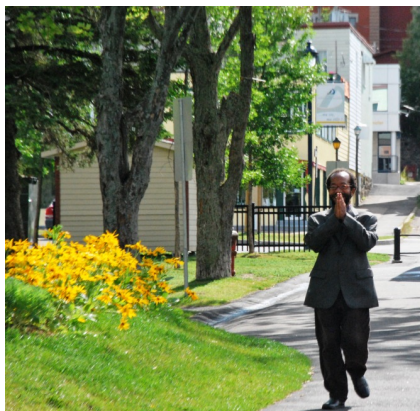
*Dedicated to all the Masters, Saints and Siddhas..and
to all of us...on the same road.*

The dreamer

By swayam

AKA

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Large center photo: Colin Higgins. Other photos are of Swami Vishnu Devananda, including one of him standing by his Guru Master Sivananda, of Rishikesh, Himalayas, India, and one of Swami Vishnu leading a group of students at his Sivananda Vrindavan Yoga Farm in the Sierra Nevada foothills of California.

"HEALTH IS WEALTH. PEACE OF MIND IS HAPPINESS. YOGA SHOWS THE WAY." SWAMI VISHNUDEVANANDA

PROPER EXERCISE - GENTLE STRETCHING

PROPER BREATHING - DEEP, FULL AND RHYTHMIC

PROPER RELAXATION - MENTAL, EMOTIONAL AND PHYSICAL

PROPER DIET - GARNERED WITH RESPECT, LOVE AND GRATITUDE

POSITIVE THINKING AND MEDITATION - I AM ONE WITH ALL AND ALL IS WELL

Swayam (top) and Visnu Swami as a
vigorous sadhaks

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Marvin Ernest Colin Higgins


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Goraksha


Nath


Acharya

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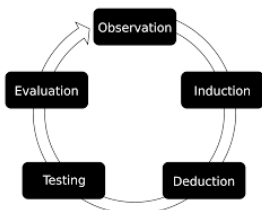
 Announcements

 Disclosures and Accreditation Statements

 Welcome, Syllabus and Introductory Material - Read this first! ☐

 Galchutt Intro Video ...

Topic 1: Evidence Based Spiritual Care



Need INTRO Paragraph

Learning Objectives:

1. The meaning of "evidence-based" chaplaincy practice.
2. Why focus on evidence-based chaplaincy?
3. How is "evidence" defined and evaluated within chaplaincy context?
4. Rethinking internal and external validity.
5. Take action to address research evidence gaps on chaplaincy impact

Readings:

- Fitchett & Grossoehme chapter; Intro to EB Healthcare Chaplaincy reader (to be provided)
- Fitchett, G. (2011). Making our case (s). Journal of health care chaplaincy, 17(1-2), 3-18.

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The author

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Abba ibi

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The author



The author - Swayam aka Abba Ibi aka Ras Colin Higgins aka Marvin
Aka Swami Swayamswaroopananda Saraswati

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Written by Swayam (aka Marvin Ernest Colin Higgins)

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www.yoga-for-peace-joy-and-love.webnode.com

Gorakshanath Acharya

BA, AA.

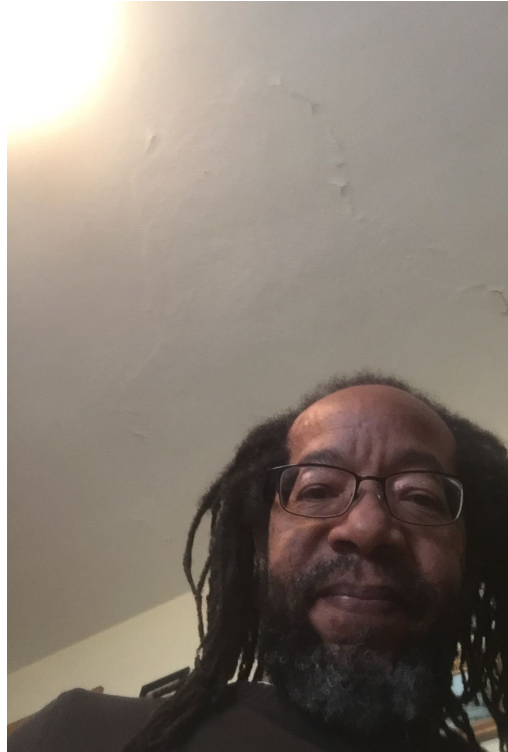
Yoga Siromani, Yoga Acharya.

Founder of the online yoga resource www.yoga-for-peace-joy-and-love6.webnode.com (www.yoga-for-peace-joy-and-love.webnode.com)

And the Governor's Harbour, Eleuthera, Bahamas, Planet Earth ashram - Addis Atlantis One Love Sahasrare Mandir. It carries on Visnu Swami's dream of a True World Order.

Swayam was a summertime co-director and then director of the International Sivananda Yoga Vedanta's Yoga Retreat, on Paradise Island, Bahamas.

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"Go back to the Bahamas and make sure there's no more Devil's Triangle. Okay?"

Visnu Swami to Swayam

"Constant meditation on your inner immortal self is the master-key to open the realms of knowledge... Feel. Assert. Recognize. Not from tomorrow, but right now.

"O blessed one. You are immortal!"



Swayam

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Master Sivananda
(Guru of Visnu Swami)

Prologue

"No matter the religion, they are all kin."

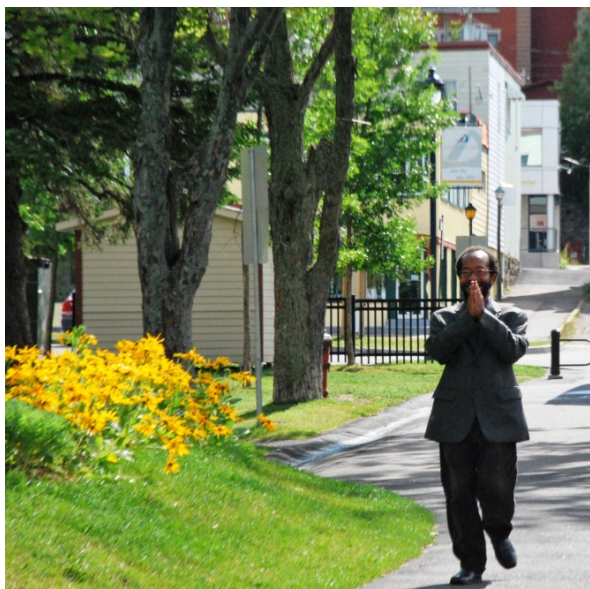
Past president of India Dr. S. Radhakrishnan quoted by
Ethiopian Emperor Haile Sellassie I, during welcoming
address.

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"No-one has the right to question another's religion."
Emperor Haile Sellassie I - Jahnhooy

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"If it's not okay, make it okay!"

"Health is wealth. Peace of mind is Happiness. Yoga
shows the way."

Visnu Swami to Swayam and others.



RELAXING

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The King and Queen (of their inner and outer
selves)

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1.

**The music played on. It was
from Alice Coltrane's
"Journey to Turiyananda"
and featured the voice of
Swami Satchitananda on
John Coltrane's composition
"A Love Supreme."**

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**They sipped from Jahman's
cup of peace as his two
young sons amused
themselves.**

LITTLE DID COCO REALISE THEN HOW MUCH SWAMI
SATCHITANANDA, HIS BROTHER DISCIPLE SWAMI
VISHNUDEVANANDA, YOGA, "JOURNEY TO
TURIYANANDA" AND THE COLTRANES WOULD IMPACT
HIS LIFE. BUT THEY DID. GREATLY.

He did not even realize how much Jahman would
influence him, although he could have guessed.

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The only line CoCo ever remembered from the album, spoken by Swami Satchitananda, was: "Love is the name of God. The entire universe was created by love." But he remembered the strong, clear voice full of prana. The Indian accent. The peace. The joy.

He remembered the colorful and playful artwork on the album cover, the handiwork of Peter Max (CoCo later learnt. The artist who did the Beatles' "Yellow Submarine" cover and Swami Vishnudevananda's peace plane.)

The seeds were being sown, although he had no idea.

In Jamaica, he saw a little booklet his father brought back from a trip to the US. He must have given a donation to some Hare Krishnas at Miami Airport.

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Written by Bhakivedanta Swami Prabhupada, the booklet was entitled "Easy journey to other Planets." CoCo was intrigued and read the book thoroughly. He returned to America to continue studies at Palm Beach Junior College and Florida Atlantic University in Boca Raton.

Visiting Jamaica years later, finished with his college studies in the US, looking for a job even though he wasn't Jamaican - officially - CoCo saw a Rastaman stepping up Hope Road.

CoCo himself was now a Rasta, with locks and ting. He could tell that the bearded, middle-aged short Rastaman, who somehow seemed to be visiting the city from the country, was intent on his journey. He looked neither left nor right and seemed oblivious of CoCo's presence.

"Peace and love," CoCo greeted the man

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"Perfect love me bredren," the Rastaman responded
calmly.



About the Author



Goraksha Nath Acharya Swami Swayamswaroopananda
aka Colin.

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Swayam (Colin Higgins, aka Abba Ibi, Ras Ibrahtu, etc) lives with his wife in Illinois and was sub-editor for the Nassau, Bahamas daily Tribune newspaper during the late nineteen eighties. He illustrated the Rasta book "Hath the Lion Prevailed?" By John Moodie and joined the International Sivananda Yoga Vedanta Centre in 1988. After obtaining an AA in Journalism from the-then Palm Beach Junior College in 1976 (PBJC), he went on to get a BA in Mass Communications from Florida Atlantic University in Boca Raton, a few miles from PBJC.

He grew up in the southern Sudan (Africa), London, England, the Bahamas, Dominica (between Martinique and Guadeloupe), Jamaica and U.S.A.

His Mom spent her final years in her physical body with him. His father remained with him until he moved into a retirement and rehab center and left his physical body as he wished: with his children far away

The author also spent time at the Hare Krishna temple in New York before returning to the Bahamas to begin working at the Tribune. He is a disciple of the late Visnu Swami Saraswati (who lived in the Rishikesh, India, ashram of Master Sivananda for several years, before coming to the west).

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Another book by the author

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to all of us...on the same road.*

CoCo moved towards the
water and stepped
tentatively into the ocean. It
was warm and nice.

He immersed his whole
body - up to his neck - and
thought of his parents, his
brothers and his sister. In a
flash, all the time they had
spent together crossed his
mind, and he thought:
"They are with me still and I
will not leave them."

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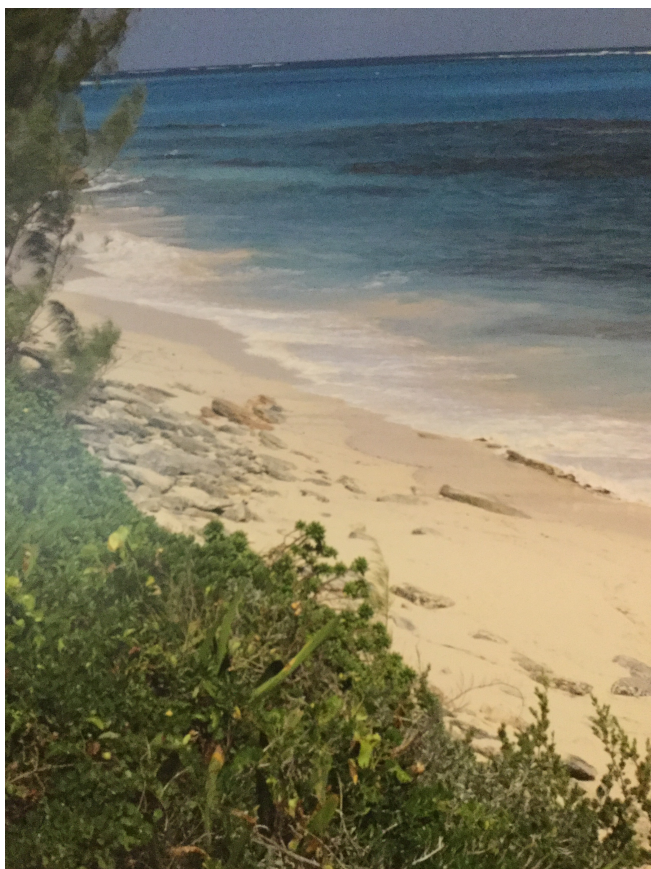
The ashram

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He always loved it when he was alone. Seemingly alone.
For he knew that Shakti had always been and would always
there. The Cosmic Mother, the Father, Shiva, the Holy
Three in One/

Reading the books of Graham Hancock, John Anthony
West, Robert Bauval, and others , opened his eyes.

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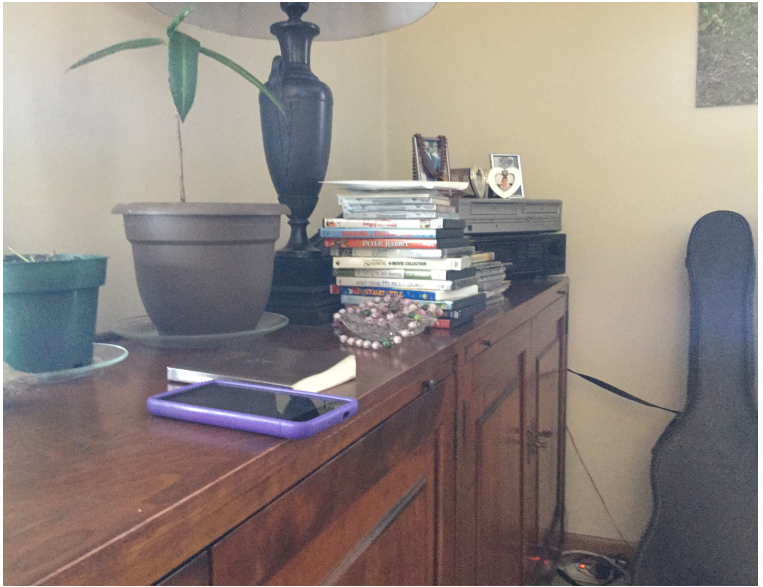
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Addis-atlantis Vishnu-Swami One-
Love ashram, Governor's Harbour,
Eleuthera, Bahamas.

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The Ghibbi or palace (Addis-Atlantis Vishnu
Swami One Love Mandir)

Brahman, God, the Fabric of the Iniverse, call it what
you will. But call it.

The first time CoCo went to Eleuthera, for a different
organization, he spent a week. After the first day of meeting

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The author and the Missus - Shiva and Shakti

fellow declared members, including a retired, one-time senior government official, he was on his own.

He had a cousin, a priest in the local Anglican church and married to the official priest, and he visited the couple at their hermitage, next to their church.

He was given a big, ripe mango and exchanged a copy of Master Sivananda's "Sadhana," a text book of yoga practice (spiritual and physical).

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Told he could stay the night, Coco rose early next morning and set out.

He recalled meeting with the local doctor, from India, who also taught a meditation class. CoCo finally tracked him down at one of his two clinics.

But what the young man really enjoyed was visiting the public library, where he read of Vivakananda, Sister Nivedita his disciple, Mahatma Gandhi, and others.

Another thing he really enjoyed was chanting the "Guru Gita" in Sanskrit, for about an hour each morning.

He had a little booklet with the chant and had grown attached to the "Glory of the Guru" by chanting it every Sunday with his Siddha yoga brethren in New Providence.